

## **Quarantine Workout Routine**

This routine assumes the reader has access to a playground, but also will have alternatives to the exercise. I am splitting this into push/pull/legs kind of program. What this means is that on push days you will focus on upper-body and push movements. On a pull day it will focus on the back and pull movements. Legs will be exercises like squats and lunges. All days will include a core work out. One other mention I want to make it that this also assume the reader can leave the house and has a backpack that can hold weight. This guide is intended to be a template for people who do not have things like barbells/dumbbells/resistance bands at their disposal (I can write a guide for that if wanted/needed). This guide also assumes the reader is not confined to their residence when recommending the cardio I am. If the reader is confined to their residence, the cardio they can do basically amounts to dancing. Also, it is fine to deviate from what is listed with exercise variations and more importantly do not be discouraged if the daily routines can't be followed to a t.

### **Day 1 Push (repeat calisthenic exercise sets twice)**

#### **Dips: 3x15 reps**

Use this video for reference on a good dip (<https://www.youtube.com/watch?v=uYmBh-U-6mg>). If you cannot lift your own weight, there is a variation where you lift your legs unto the parallel bars to support your weight. If you are stuck inside and you have chairs, you can do chair dips like this (<https://www.youtube.com/watch?v=u5HbUxh40Y4>)

#### **Pushups: 4x25 reps**

With pushups alternate each set with a pushup variation. First, do the standard pushup like shown here (<https://www.youtube.com/watch?v=LwTGJdnmZWo>). Second do the wide arm pushup like shown here (<https://www.youtube.com/watch?v=rr6eFNNDQdU>). Third, do diamond pushups which are shown here ([https://www.youtube.com/watch?v=J0DnG1\\_S92I](https://www.youtube.com/watch?v=J0DnG1_S92I) note: the guy in the video has fine form, but keep your head up). Lastly, if you can, do a set of pike pushups which can be seen here (<https://www.youtube.com/watch?v=sposDXWEB0A>). If this is too hard, try going to your knees. And don't worry about not being able to do pike pushups.

#### **Plank: 3x20 seconds**

Use this video for an idea on how to plank ([https://www.youtube.com/watch?v=ASdvN\\_XEI\\_c](https://www.youtube.com/watch?v=ASdvN_XEI_c))

#### **Crunches: 3x20 reps**

Use this video for an idea on how to do crunches (<https://www.youtube.com/watch?v=5ER5Of4MOPI>)

#### **Cardio: 30 mins brisk walk w/ weight**

If you have a backpack you can load weight into, put ~30lb into it and make sure it is securely attached.

## **Day 2 Pull (repeat calisthenic exercise sets twice)**

### **Pullups: 3x10 reps**

Pullups are a great exercise, use the this video as reference to perform them (<https://www.youtube.com/watch?v=tB3X4TjTles>). This video also shows a variation one can do if the pushup is too difficult.

### **Superman: 4x15 reps**

This exercise works the lower back and should be done as the video show (<https://www.youtube.com/watch?v=z6PJMT2y8GQ>).

### **Plank: 3x20 seconds**

Use this video for an idea on how to plank ([https://www.youtube.com/watch?v=ASdvN\\_XEI\\_c](https://www.youtube.com/watch?v=ASdvN_XEI_c))

### **Crunches: 3x20 reps**

Use this video for an idea on how to do crunches (<https://www.youtube.com/watch?v=5ER5Of4MOPI>)

### **Cardio: 30 mins brisk walk w/ weight**

If you have a backpack you can load weight into, put ~30lb into it and make sure it is securely attached.

## **Day 3 Legs (repeat calisthenic exercise sets twice)**

### **Squats: 3x18 reps**

Body weight squats are probably the best calisthenic exercise. Here is a video to show how to do them (<https://www.youtube.com/watch?v=RCIKKQgsvXA>)

### **Lunges: 4x10 (each leg) reps**

Lunges are easy to do. This video shows a good lunge (<https://www.youtube.com/watch?v=QOVaHwm-Q6U>).

### **Plank: 3x20 seconds**

Use this video for an idea on how to plank ([https://www.youtube.com/watch?v=ASdvN\\_XEI\\_c](https://www.youtube.com/watch?v=ASdvN_XEI_c))

### **Crunches: 3x20**

Use this video for an idea on how to do crunches (<https://www.youtube.com/watch?v=5ER5Of4MOPI>)

### **Cardio: 30 mins brisk walk w/ weight**

If you have a backpack you can load weight into, put ~30lb into it and make sure it is securely attached.